



FITNESS CLASS SCHEDULE SEPTEMBER 2018

All class passes will be handed out 30 minutes prior to class. One pass per person and the person must be present.

FITNESS CLASS SCHEDULE SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES					
5:15am - 6:05am (FS) HIIT - Diane	5:15am - 6:05am (FS) Indoor Cycling - Diane	5:15am - 6:05am (FS) HIIT - Diane	5:15am - 6:05am (FS) TACTIX - Brenda	5:15am - 6:05am (FS) TACTIX - Brenda	
8:30am - 9:00am (FS) TABATA - Tanner	6:00am - 6:50am (SR) Sunrise Yoga - Vickie	8:30am - 9:00am (FS) TABATA - Tanner	6:00am - 6:50am (SR) Sunrise Yoga - Vickie	8:30am - 9:20am (FS) Body Circuit - Jacob	7:30am - 8:20am (GE) R.I.P.P.E.D. - Lydia/Kristin
9:10am - 10:00am (FS) Indoor Cycling - Lydia	8:30am - 9:20am (FS) **TRX - Michelle		8:30am - 9:20am (FS) **TRX - Michelle		9:30am - 10:20am (FS) Body Circuit - Tanner
			8:40am - 9:30am (GE) R.I.P.P.E.D. - Kristin		
10:00am - 10:50am (GE) SilverSneakers® Classic - Jacob		10:00am - 10:50am (GE) SilverSneakers® Classic - Jacob			
AFTERNOON CLASSES					
4:30pm - 5:20pm (FS) Indoor Cycling - Lanie	4:30pm - 5:00pm (FS) Express Indoor Cycling - Lanie	4:30pm - 5:20pm (FS) Indoor Cycling - Lanie			
EVENING CLASSES					
			5:00pm - 5:50pm (FS) Indoor Cycling - Lanie	5:00pm - 5:50pm (FS) Indoor Cycling - Lanie	
5:30pm - 6:20pm (FS) Nia Dance Fusion - Crystal	5:30pm - 6:20pm (SR) Yoga - Vickie		5:30pm - 6:20pm (SR) Yoga - Lisa M.		
6:30pm - 7:20pm (FS) After Hours Toning - Tanner	6:30pm - 7:20pm (FS) Country Heat - Michelle C.	6:00pm - 6:50pm (FS) After Hours Toning - Tanner	6:30pm - 7:20pm (FS) Country Heat - Michelle C.		
7:30pm-8:20pm (FS) Zumba - Andrea	7:30pm-8:30pm (FS) **Texas Two Step- Greg	7:00pm-7:50pm (FS) Zumba - Andrea			

KEY:

- FS- Fitness Studio
- SR- Spruce Room
- GE- Gymnasium East
- ** - Specialty Classes

AFTER HOURS TONING Strength training workout that combines weights with agility, flexibility and cardiovascular conditioning. Designed to reshape muscles while targeting your entire body, this class is perfect for beginners to intermediate to advanced students who want a sculpted lean physique. *High Impact, Light to Moderate Intensity*

***TRX** Come try our custom TRX suspension training bars that are integrated into the ceiling, developed for workouts geared to develop strength, balance, flexibility and core stability all at once. Unique to EAPRD! This class uses TRX straps, body weight and free weight exercises, which all contribute to excellent cross training experience! All levels welcome.
Low to High Impact, Low to High Intensity

**DD 8 punches for \$45, | 16 punches for \$79 (Punches expire 6 months from purchase.)*

**ND 8 punches \$59 16-\$115 (Punches expire 6 months from purchase.)*

BODY CIRCUIT This full body workout uses a variety of body weight and strength training exercises to keep you motivated while improving your overall fitness. By training with a variety of movements, this workout will give you an increased range of strength, balance, and core to help tone the body. Appropriate for all fitness levels. *Medium-High Impact, Moderate-High Intensity*

COUNTRY HEAT LIVE Country Heat LIVE is the country dance inspired workout that's unlike any other work out you've tried. Packed with your favorite country hits and simple steps, each class is a fun-filled, calorie scorching good time. Packed with simple moves, country inspired jams and non-stop calorie burn, you'll work up a sweat in no time at any fitness level.

Low-High Impact, Medium-High Intensity

SILVERSNEAKERS® CLASSIC Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

Low Impact, Moderate Intensity

HITT A fast paced cardio workout focusing on high intensity interval training. The benefits of HIIT include improved athletic capacity, metabolism and fat burning. *High Impact, High Intensity*

R.I.P.P.E.D The formula combination of Resistance, Interval, Power, Plyometrics, Endurance, and Diet requires the body to respond to the constantly changing format within the session. Participants of all levels burn, build, and bulletproof their bodies. *Medium-high Impact, Moderate-high Intensity*

TABATA A form of high intensity interval training that consists of an exercise that is performed for twenty seconds followed by ten seconds of rest for eight rounds for a total of 4 minutes. This 30-minute class will utilize compound movements which will melt the calories away, push your limits and exceed your expectations! *Medium-High Impact, Medium-High Intensity*

TACTIX This workout is a perfect blend of martial arts fitness, practical self-defense skills, boot camp intensity, body weight exercises and metabolic conditioning. The result is a fun, revolutionary workout that burns maximal calories. Please bring your own gloves and a sweat towel! Get ready to have an amazing workout! *Medium-High Impact, Medium-High Intensity.*

INDOOR CYCLING/ EXPRESS CYCLING Take a ride inside and work on your cardiovascular endurance and efficiency. Designed to accommodate a variety of fitness levels, this class will help you burn fat and calories, all while having fun! Class will include intervals, sprints, climbs and flat riding as you control the resistance and speed so you can build up your fitness level over time. Water bottles and sweat towels are recommended! *Low Impact, Moderate-High Intensity*
Requires a pass 30 minutes prior to class, maximum 10 people.

TURBO KICK™ Become a total knockout with the ultimate cardio-kickboxing party! With cardio, kickboxing and body-sculpting dance moves choreographed to the hottest music mixes, you'll get lean and toned— and have a blast doing it! *High Impact, High Intensity*

YOGA/SUNRISE YOGA Center the mind and body by using breathing exercises, poses to circulate the blood and gain strength, balance and flexibility. Yoga practice will assist in creating a healthy body and peaceful mind. All are welcome. *Low Impact, Low to Moderate Intensity*

ZUMBA Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance skills required! Fitness shoes with low traction soles are highly recommended but also not required. *Low to Moderate Impact, Low to Moderate Intensity*

NIA DANCE FUSION Done barefoot to diverse and inspiring music, Nia technique is a unique and invigorating fusion fitness class. Nia draws from dance, martial arts, and healing arts like yoga to create safe, joyful movements that engage your body, mind, spirit, and soul. Nia tones your body while transforming your mind and is more than just a workout. It accommodates all levels of abilities, ages, and moods! *Low Impact, Low to Moderate Intensity*

TEXAS TWO STEP is a popular partner dance. These classes start with the basics. Over the course of the classes we will prepare you to dance Two Step in a social setting. The classes will include footwork, turns, partner communication, as well as various common dance positions (closed, open, sweetheart, shadow, wrap, skater, promenade, etc.). Each series of classes will leave you with knowledge that you can immediately apply on the dance floor (even with new partners). The more classes you take, the more your dancing will progress. Come have fun, get exercise, make new friends, and learn to dance!